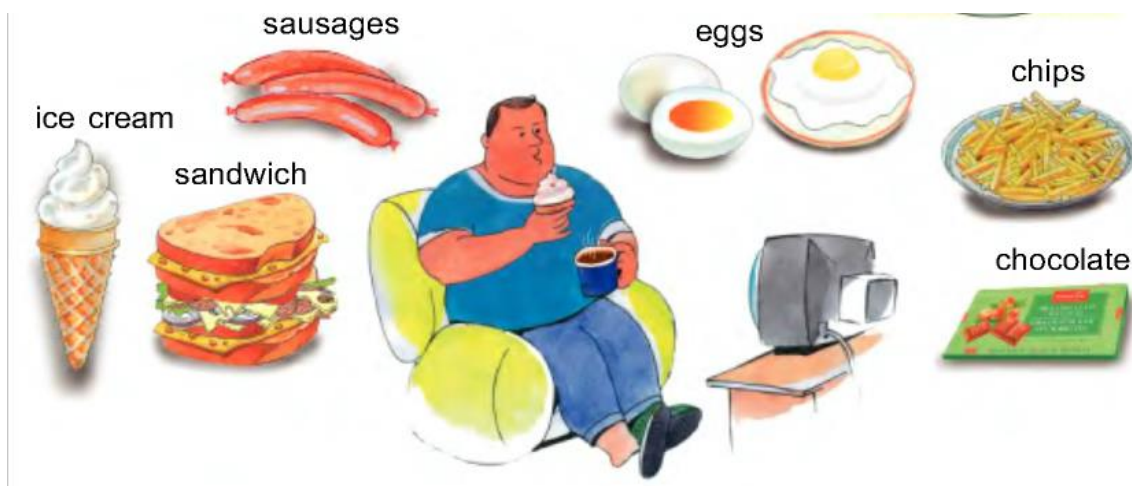


# THE DEMONSTRATIVE LESSON

6<sup>th</sup> FORM

IV TERM

## LESSON 2 “YOU ARE WHAT YOU EAT”



School №9

Teacher: Azamatova D.A.

Every man is a builder of a temple called his body” Henry Davie(1817 – 1862)

**Aims of the lesson:**

**Educational:** to increase pupils' knowledge about A healthy way of life to improve their vocabulary.

**Didactic:** to make the pupil know how to protect the home-town and other cities of the world, to respect the national and foreign culture and know about foods.

**Developmental:** to improve their point of view, idea and ability of thinking independently, their skills and practice.

**Type of the lesson:** Giving information, developing knowledge and experience, testing the knowledge.

**Style of the lesson:** discussion, conversational, competition, searching for knowledge, logical thinking.

Methods of the lesson:

- Knew, know, want to know;
- Answers to the questions;
- Cluster;
- Debate;
- Conversation;

**Equipments of the lesson:** book pictures didactic materials



### **Plan of the lesson:**

Introduction (greeting, report of the on duty, speaking about the weather, asking the homework) - 6 min.

Main part:

Introduction with a new theme - 2 min.

Warming-up - 2 min.

Listening, reading and comprehension - 10 min.

Prove your opinion - 5 min.

Think and write - 5 min.

Read the text 5 min

Testing 5 min

Conclusion (ending of the lesson, marking, homework) - 5 min.

### **The first step.**

#### **1. Introduction:**

- Good morning!
- Sit down, please! I'm glad to see you.
- Now tell me, please, who is on duty today?
- What date is it today?
- What day of the week is it today?
- Who is absent today?
- What the season is it now?
- What **foods** do you know?
- How do you like the weather today? Is it cold or warm? Is the sun shining?
- What was your homework for today?
- Thank you! Now let's begin our lesson.

#### **2. Main part.**

##### **- Introduction with a new theme:**

- Today the theme of our lesson is You are what you eat!
- *There are a lot of not very pleasant statements about it? What are the they?*

##### **You are what you eat**

Do you know the proverb 'You are what you eat'? It means that if you eat healthy food you can be healthy. You should not eat a lot of biscuits or chips, for example. You can eat your favourite foods, like hamburgers\*, but don't eat a lot of them. Eat more fresh food and vegetables.

#### **Activity 2a Read and translate the title.**

**Objective:** to practise reading for gist

PP read the text silently and translate the title into their mother tongue.

The suggested versions are as follows: Russian - 'Вы - то, что едите?'

Uzbek - Siz, bu siz yeydigan narsadir?'

**Activity 2b Look at the diagrams. Answer the questions.**

**Objective:** to teach PP to read diagrams

Ask PP to look at the diagram and answer the questions.

**Answer key:** The usual western diet is not healthy because there is too much fat and sugar in it.

**Activity 3a Look and read. Draw a diagram for the man's diet.**

**Objectives:** to practise reading for detailed information;

to practise drawing a diagram

PP read the text silently. Then they draw a diagram in their exercise books. It may look almost the same as the first diagram in Activity 2a.

I am **120** kg. I usually have tea and cakes for breakfast and sometimes I have sausages and eggs too. At 11 o'clock I often eat a bar of chocolate and some biscuits or a sandwich. I usually have a big lunch, for example sausages and chips. And then I have ice cream, which I love. When I watch TV I have tea and a sandwich. For dinner usually I have meat and potatoes. Before I go to bed usually I have a cup of hot chocolate and some small cakes.



**Activity 3b Talk about the man.**

**Objectives:** to practise talking about a healthy diet; to revise *should*

PP express their opinions about what the man should eat.

## What should you do to be healthy?



I think I should .....

I am sure I must.....

In my opinion I shouldn't .....

As far as me I mustn't .....

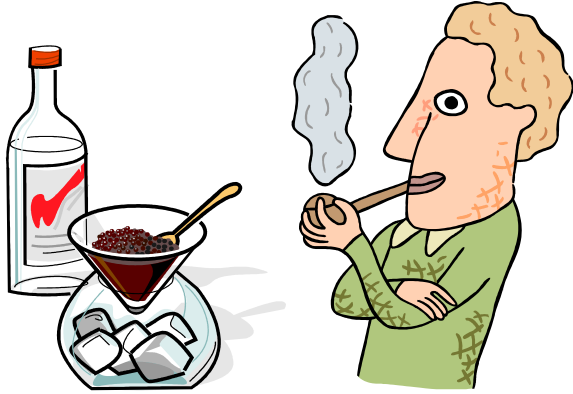


*Do you care about your health?*

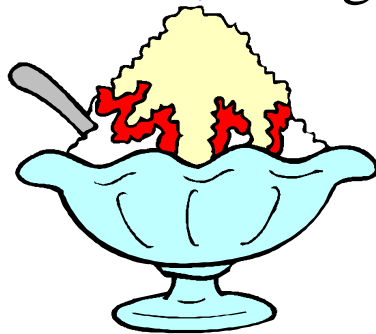
habits	good points	bad points
smoking		
exercising		
dieting		
sleeping		
eating sweets		
drinking alcohol		

# BAD HABITS

drinking alcohol **smoking**



**Physical inactivity** eating sweets



**environmental influence**

**Use the expressions to fill the table**

*Relaxing*

**NOTHING ASY**

get slim

## UNHEALTHY SKIN

fit the body

Yellow teeth

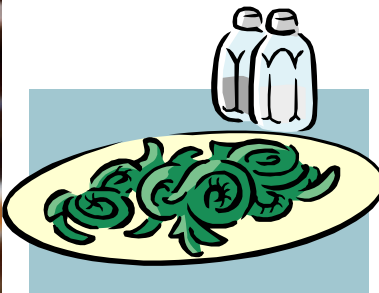
slow reactions

### A GUIDE TO HEALTHY TEETH RULES

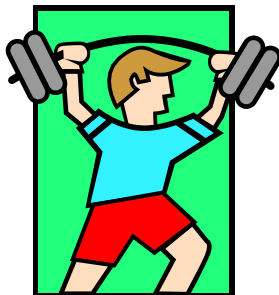
1. Brush and floss your teeth regularly.
2. Use fluoride toothpaste.
3. Eat nutritious food and limit your snacks.
4. Get a new toothbrush every few months.
5. Don't smoke!

## HEALTH

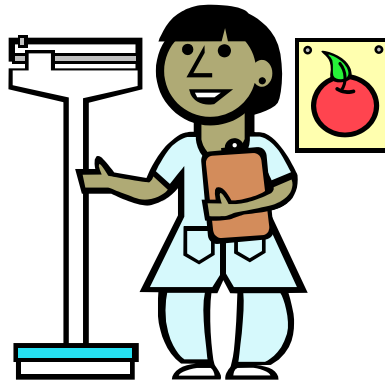
Eating whole meal bread eating low fat food



Eating high fibre food Exercising



Dieting



**TEST.**  
**ARE YOU GOING TO LIVE TO 100?**



*How often do you eat fruit and vegetables?*

- a) Every day*
- b) never*
- c) two or three times a week*



*2) Look at this list of food and drink. How many do you eat in a day?*

*Ice cream*

*fizzy drinks* a) more than two

*extra salt on your food* b) one or two

*take-away food (hamburgers, pizzas)* c) none

*sweets*

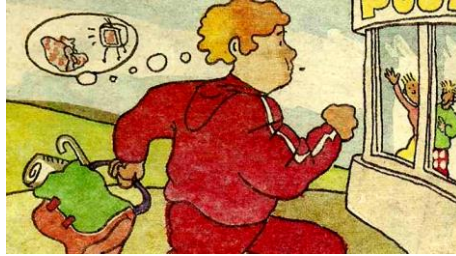
*chips*





**3) Do you play a sport or go to a dance class**

- a) once a week or more?
- b) Two or three times a month?
- c) Once a month?



**4) When you have free time do you**

- a) watch TV?
- b) Go to the swimming pool with friends?
- c) Take serious exercise (e.g. jogging)?



**5) When you are in a hurry do you**

- a) still remember to eat good meals?
- b) Miss a meal but eat a packet of crisps or chocolate



**6) Do you sleep**

- a) more than ten hours a night?
- b) Less than ten hours a night

Well, our lesson is almost over. Thank you for being active at the lesson. It was very interesting to listen to your points of view.

- If you have any questions you can ask them.
- Your marks for the lesson are the following.

**Homework:**

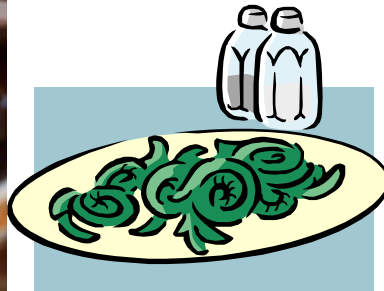
- Your homework is to write an essay on the theme
- Thank You for Your Attention!

# A GUIDE TO HEALTHY TEETH RULES

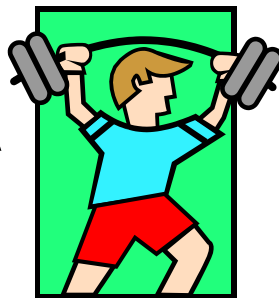
- 1. Brush your teeth regularly.**
- 2. Use fluoride toothpaste.**
- 3. Eat nutritious food and limit your snacks.**
- 4. Get a new toothbrush every few months.**
- 5. Don't smoke!**

# HEALTH

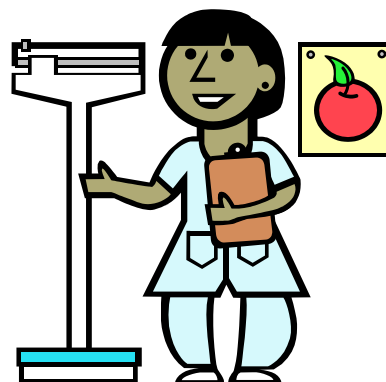
Eating whole meal bread eating low fat food



Eating high fibre food Exercising

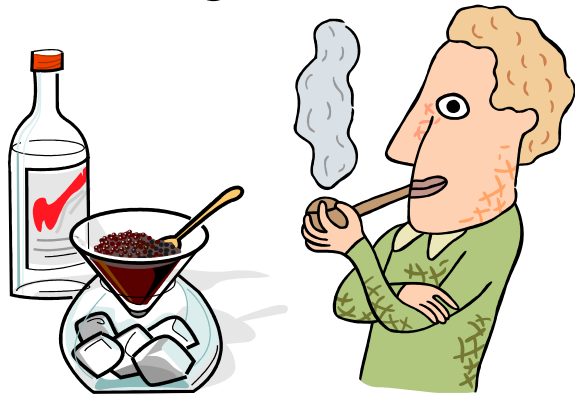


Dieting



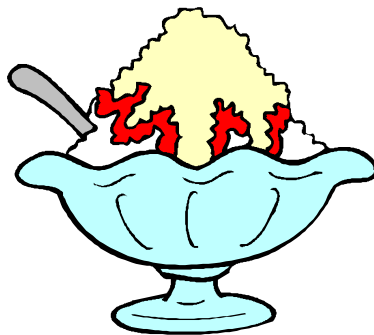
# BAD HABITS

drinking alcohol



**smoking**

**Physical Inactivity**



eating sweets



**environmental influence**